

# mesvision® Promotes Diabetes Awareness

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**Diabetes** is the leading cause of vision loss for Americans under the age of 74.

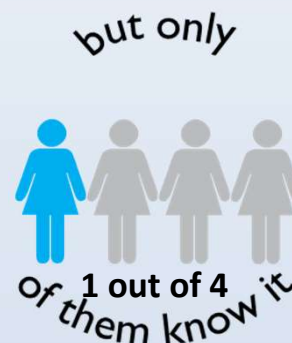
*Eyecare providers are dedicated to early diagnosis and timely treatment to prevent diabetes-related blindness.*

## Early Detection is Key!



More than 30 million people in the United States have **Diabetes**.

**Diabetics** should get a comprehensive **dilated** examination once a year even **before** signs of vision loss.



### People who have Diabetes are at risk for:

Diabetic Retinopathy

Cataract

Diabetic Macular Edema

Glaucoma

### Control Your Diabetes

Maintain a healthy body weight

Watch what you eat: eat low-carb foods, fruits, vegetables, and limit your saturated fat and dietary cholesterol intake

Be active: Take a walk, ride a bike, play sports

Don't smoke

#### Sources:

1. American Optometric Association
2. American Academy of Ophthalmology
3. American Diabetes Association